

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SELF CARE SUNDAY</p>  <p>MUSIC APPRECIATION Bedrich Smetana OCTOBER 6TH @ 4:45 PM</p> <p>CHAIR/CHI/PRANA OCTOBER 6,13,20 & 27 11:00 AM</p> <p>REIKI OCTOBER 6, 12 & 20TH @ 5:00PM</p>	<p>1</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech how To: Find my iPhone /Android Device 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Exercise With Eva 1:30 Beginner's Tech: Phone Basics 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>2</p> <p>9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 12:00 Lunch 1:00 Concerts in Motion: Chinese</p> <p>1:00 Caregivers Group w/GG 1:00 Leisure Games-Mah Jongg 1:15 Emotional Regulation Through the Arts with Columbia OT - Drumming 1:00 Movie: We Have a Ghost</p>	<p>3 ROSH HASHANAH</p> <p>9:30 Conversational English 9:45 Yoqi Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Find my iPhone /Android Device 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Presentation: FLUME in Concert 2:30 Watercolor (Cancelled)</p> 	<p>4 ROSH HASHANAH</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 10:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Applebee Grill 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:30 Leisure Games Bridge</p> 
<p>7</p> <p>9:30 Flu Shots (Reserve) 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:15 Trip: Stew Leonard's/Costco 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:00 Lecture: Dance in Modern Art w/Sylvia Meo Lauden 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>8</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Trip Committee mtg. 11:00 Tech how To: Bluetooth Trackers-Air tag & tile 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Exercise With Eva 1:30 Beginner's Tech: Phone Basics 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>9</p> <p>9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 12:00 Lunch 1:00 NEW: Mah Jongg with Ariana 1:00 Concerts in Motion: Chinese</p> <p>1:00 Movie: On The Line 1:00 Leisure Games-Mah Jongg 1:15 Emotional Regulation Through the Arts with Columbia OT - Collaging 5:00 History of Sputyn Duyvil with Historical Society</p>	<p>10</p> <p>9:00 Talent is Timeless Final Trip 9:30 Conversational English 9:45 Yoqi Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Bluetooth Trackers-Air tag & tile 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables 1:00 Chorus w/Cheryl 2:30 Watercolor with April</p>	<p>11</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 11:45 Trip: Johnnie Reef 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Presentation: Medicare Updates 2025 w/Kaitlin 2:00 Concerts in Motion: Celebration Friday 2:30 Leisure Games Bridge</p>
<p>14 COLUMBUS DAY</p> <p>10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 10:30 Trip: Wegman Market 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 3:00 Spouse & Partner Grief Grp 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p> 	<p>15</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday</p> <p>12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 1:30 Beginner's Tech: Android Basics 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>16</p> <p>9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben (Cancelled) 11:00 EFT Tapping with Margo 11:00 Trip: Trader Joes' 12:00 Lunch 1:00 Concerts in Motion: Chinese</p> <p>1:00 Movie: The Good Nurse 1:00 Caregivers Group w/GG 1:00 NEW: Mah Jongg with Ariana 1:00 Leisure Games-Mah Jongg 1:15 Emotional Regulation Through the Arts with Columbia OT - Guided Imagery 3:00 Grief Group for Loss Child 5:00 Presentation: Art of The Monument Men with Phoenix Museum</p>	<p>17 SUKKOT</p> <p>9:30 Conversational English 9:45 Yoqi Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables 1:00 Chorus w/Cheryl 1:15 Guided Meditation & Reiki w/Barbara 2:30 Watercolor with April</p> 	<p>18 SUKKOT</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Creative Writing 11:30 Enzo Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Nutrition: Eating for Diabetes & Prediabetes with NY Presbyterian 2:00 Concerts in Motion: Celebration Friday 2:30 Leisure Games Bridge</p> 
<p>21</p> <p>10:00 Leisure Games- Canasta, Mah Jongg 10:00 Intern Meeting 10:00 Get Fit with Stuart 10:45 Trip: Apple Store (Tech Class) 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 3:00 Spouse & Partner Grief Grp 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>22</p> <p>10:00 Memoir Writing 11:00 Tech how to: Review 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Open Mic Memoir Class 1:00 Belly Dancing w/Noora 11:30 Beginner's Tech: Phone Basics 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>23</p> <p>9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:30 Telling the Art Deco Stories of our Neighborhoods 11:00 EFT Tapping with Margo 12:00 Lunch 1:00 NEW: Mah Jongg with Ariana 1:00 Presentation: The 4 Leading Causes of Vision Loss & What you can do! by VISION 1:00 Concerts in Motion: Chinese</p> <p>1:00 Leisure Games-Mah Jongg 1:15 Emotional Regulation Through the Arts with Columbia OT - Emotions thru Art 3:00 Grief Group for Loss Child</p>	<p>24 SHEMINI ATZERET</p> <p>9:30 Conversational English 9:45 Yoqi Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how to: Review 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables 1:15 The Myth of Procrastination with Valerie Keane 2:30 Watercolor with April</p> 	<p>25 SIMCHAT TORAH</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 10:15 Trip: Fordham Farmers Market 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Nutrition: Eating for Healthy Bones w/ Maudene 2:00 Concerts in Motion: Celebration Friday 2:30 Leisure Games Bridge</p>
<p>28</p> <p>10:00 Leisure Games- Canasta, Mah Jongg 10:00 Intern Meeting 10:45 Trip: Apple Store (Tech Class) 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 3:00 Spouse & Partner Grief Grp 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>29</p> <p>10:00 Memoir Writing 11:00 Tech how to: Smartphone Photography Basics with Pil Kim 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Advisory Council Mtg. 2:30 Presentation: Marble Hill Gardens 3:00 Chair Yoga for Joint Health w/Kathleen 3:45 Intergenerational :Puzzle Fun with Horace Mann Students</p> 	<p>30 BIRTHDAY PARTY</p> <p>9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 11:30 Trip: Macys 12:00 Lunch 1:00 Concerts in Motion: Chinese</p> <p>1:00 Birthday Party w/ DJ 1:00 NEW: Mah Jongg with Ariana 1:00 Leisure Games-Mah Jongg 1:15 Emotional Regulation Through the Arts with Columbia OT - Music & Art for Positive Memories 3:00 Grief Group for Loss Child</p> 	<p>31 HALLOWEEN</p> <p>9:30 Conversational English 9:45 Yoqi Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Screening: COCO 1:00 Social Action w/GG 2:30 Watercolor with April</p> <p>KEY: Red-Virtual Black-Onsite Blue-Hybrid Green-Outside</p>	 <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p>